



UNITED STATES OF AMERICA



FOUNDED 1836

---

WASHINGTON, D.C.





DIRECTIONS

FOR

MEDICINE CHESTS,

WITH

A TREATISE

OF THE

DISEASES MOST INCIDENT TO SEAMEN.

---

---

PHILADELPHIA:

PRINTED AT THE OFFICE OF THE UNITED STATES' GAZETTE.

1817.





## INTRODUCTION.

IT is necessary to observe here, that the most careful attention to the rules laid down in the following book, will often be unable to procure good health. But it must be remembered, that much is required, to render the remedies enumerated useful. To make them successful, when disease is present, it is not only necessary that they should be taken; but also, that nothing should be present to counteract their effect. But this is not all. The man who wishes to possess good health, must avoid any thing which can either immediately, or remotely render the body subject to disease. By so doing, when sickness comes, the strength of the system will be such, as to enable it to bear with patience the attacks of disease. The most obvious and easy method of opposing diseases of any kind is regularity in every thing. This is peculiarly incumbent on the sailor, who in the space of a few days is transported from a frozen to a torrid clime, from diseases of an inflammatory nature, to those of a putrid cast, when if excess has marked the character, they often terminate so rapidly, as to disappoint the endeavours of the most active physicians.

Regularity is also highly necessary, in those who travel by land; for even there, the state of climate is changed in a short space. It is necessary for the health of seamen to observe moderation in eating and drinking in warm climates: to avoid as much as possible being over heated in the middle of the day, and to keep out of the night air.

It is proper to keep the body always open, that is, to have at least, one passage every two days, and probably every day, and when at sea to eat vegetables of some kind every day, with a large propor-

tion of vinegar, as this will in a great measure prevent scurvy.

Exercise and varied amusements give hilarity and cheerfulness, which will contribute to prevent disease, and assist much in the cure. A frequent cause of coughs, pleurisies, and rheumatisms, is the wearing wet clothes, and so great is the neglect of health, particularly at sea, that sailors often sleep in that situation, which ought to be avoided as a plague; nay, so careful should they be in keeping their beds perfectly dry and pure, that their blankets, sheets, &c. should be aired and exposed to the sun every two or three days, if it is possible so to do.

Cleanliness is not less necessary to general health; by strict attention to it, diseases will often be prevented, always rendered more manageable, and there is no danger in changing the linen of the sick, provided it is perfectly dry, and if in cold weather, hot.

It will be necessary to inspect the instruments used in cooking, particularly those made of brass, copper, or lead, every day, for if any loose particles of either, should be mixed in the food, they would prove a deadly poison.

Pure air is of the utmost importance, and if necessary, the sick should be moved, so as to enjoy it. If they live in low, damp, marshy situations, the high land should be gained, and if on ship board, artificial means must be employed to purge and keep pure the air. The burning of tar, gun-powder, or nitre, is commonly used for destroying foul air, and vinegar to wash the boards with, will be found a good preservative. If an infectious disease breaks out among any number of men accustomed to associate together, let them instantly be separated, and all intercourse prohibited. Thus, by regularity in cleanliness, in eating, in drinking, in hours, in exercise and amusement, disease will be avoided or cured, and health preserved.



## DIRECTIONS, &c.

CONCERNING THE DISEASES TO WHICH SEAMEN ARE MOST  
LIABLE.

---

### SEA SICKNESS.

To relieve sea sickness, a complaint to which many people are subject, it will be absolutely necessary to prevent costiveness, to keep as quiet as possible before breakfast, and in rough weather. By these precautions the system becomes accustomed to the sea, and the sickness generally subsides; but if very obstinate it will be proper also to take half a grain of opium two or three times a day, about an hour before eating.

### INTERMITTING FEVER OR FEVER AND AGUE,

Is most prevalent in the spring and fall, and is apt to attack persons exposed to damp, foggy weather. It generally begins with a pain in the head and loins, weariness of the limbs, frequent yawnings and gapings, with sometimes great sickness and vomiting, which is soon succeeded by a chilliness and shaking, that continues two or three hours, with a quick small pulse. This chilliness gradually abates, the skin becomes warm, the pulse fuller, until at last a sweat breaks out, which terminates the fit for that time.

While the fit continues, the patient should drink freely of water gruel, lemonade, weak chamomile tea, or if his strength be much reduced, small wine whey, sharpened with the juice of lemon. All his drink should be warm, as that will assist in bringing on the sweat, and consequently shorten the fit.

**CURE.**—Give a vomit [according to the directions round each of them] three or four hours before the fit is expected, and after its operation is over he should take a dose of salts or castor oil, or three or four of the purging pills, and work them off with any of the diluting drinks above mentioned. During the cold fit, and whilst the chill continues, do nothing more than continue at rest, and drink luke-warm chamomile tea.

When the fever comes on, take thirty drops of sweet spirit of nitre, or one of the fever powders, every two hours, and drink lemonade or toast water. When the sweating is nearly closed, and the patient is free from fever, he should immediately begin taking a tea-spoonful of the bark every hour, in port wine or water; and if the bark purges, four or five drops of laudanum should be mixed with each dose; on the contrary, should it produce costiveness, five or six grains of rhubarb must be added to each dose. In order to prevent a return of the disorder, the use of the barks should be continued two or three times a day for eight or ten days after the patient has been free from fever.

### REMITTING BILIOUS FEVER.

This fever being of a bilious nature, is known by much oppression at the stomach, with inclination to vomit, great pain in the head, and different parts of the body; a bitter taste with a white and sometimes brownish tongue, yawning, stretching, and giddiness, with alternate fits of heat and cold—a delirium is very common in this kind of fever—the pulse is generally a little hard, and sometimes full. When the fever decreases in violence a remission is said to have taken place—the remission is commonly preceded by a gentle moisture, after which the patient seems greatly relieved, but in a few hours the fever returns. These remissions occur at very irregular

periods, and are sometimes of longer and sometimes of shorter duration.

The diet of the patient in this fever should be very low, and consist chiefly of rice, barley water, toast water, or lemonade. He should by all means abstain from the use of animal food, and spirituous liquors.

**CURE.**—If the sickness of the stomach should be very considerable, a vomit should be given, and after it has done operating, one of the purging powders or three or four of the purging pills to unload the bowels; if after their operation, the fever still continues, give one of the fever powders every two hours in a little water, and as soon as the fever is sufficiently off, a tea-spoonful of the bark should be taken every two hours, in a little water or wine and water, and continued as long as the patient is free from fever—if the fever returns again, you must have recourse to the powders, and when it is again off, continue the bark as above directed. Should there be considerable pain in the head or side, a flushed countenance, and a full pulse, blood to the amount of ten or twelve ounces should be taken from the arm. Persons will bear the loss of blood much better in cold than in warm climates. If all these exertions seem to fail, it will be necessary to apply blisters to the wrists or ancles, or both, and a mercurial pill must be given every six hours until the mouth is slightly sore. Through the course of the disease the bowels should be kept open by salts, casto roil, the purging pills or powders—when the disease is usually checked, bark, wine and nourishing diet will restore the patient.

## YELLOW FEVER.

This disease occurs in hot climates; it comes on often with a loss of appetite, disagreeable taste in the mouth, great weakness, &c. This is soon followed by a chill, pain or giddiness in the head, pain

in the back and loins, frequent retching to vomit, especially after taking drinks, &c. the eyes sometimes turn red, the skin is dry and hot, there is great oppression and soreness at the pit of the stomach, the tongue is moist and white; it is sometimes black; the pulse is strong, full and frequent; sometimes a bleeding takes place from the nostrils, mouth and elsewhere. The symptoms above described very often grow worse; delirium comes on, accompanied sometimes with a yellowness of the skin and eyes; cold legs and arms, succeeded by great vomiting, which frequently ends in black vomit and death.

**CURE.**—If the pulse is full and frequent, great pain in the head and body, blood may be taken from the arm, to the amount of ten or twelve ounces, this must be done with great care. Next take four or five of the purging pills, or one of the purging powders, and if they should not work enough in four or five hours, take a table spoonful of castor oil, or salts, and repeat it till it does work. After the use of the above remedies, take thirty drops of sweet spirit of nitre, in a small tea-cup full of warm chamomile tea (till it produces a copious sweat) every two hours, and afterwards one of the mercurial pills, every four hours, until the mouth is slightly sore. The patient should abstain from animal food and spirits; his food should be gruel, panada, &c. his drink should be barley water, lemonade, water with toast in it, &c. The place where he lies should be well aired, kept cool, and clean, and often sprinkled with vinegar. If the fever and vomiting are bad, apply blisters to the arms and legs, and let him take his drinks in small quantities at a time. If, notwithstanding the use of the above remedies, the patient grows worse, and is sinking, then wash him with warm brandy and water over the skin; apply poultices to the soles of his feet, made of mustard and flour mixed with vinegar or water, and give ten drops of the elixir vitriol

in some chamomile tea, every two hours; also give him to drink, now and then, small quantities of wine whey, or porter and water.

When the patient has recovered from the fever, and nothing but weakness of the body remains, then take a small tea-spoonful of bark two or three times a day.

### PLEURISY.

The next complaint most common, particularly among those exposed to the severities of the season, is pleurisy; a disease which, viewed either as respects its frequency or fatality, deserves to be well understood. It is one of those complaints, which is under the power of medicines. It begins with a coldness and shivering, somewhat like the ague, or remitting fever: shortly after a pain is felt in the side, back, or breast, at first trifling; but in a short time it becomes severe; the pulse feels very strong, the face is flushed, the breath drawn with difficulty, and very frequent cough, which much increases the pain, the skin is very hot, and the mouth dry, with a bound belly: The cure will generally be effected by blood-letting and purgatives, with any mild warm drinks, such as barley water, or flaxseed tea: The quantity of blood is to be regulated by the size and strength of the patient, and by the effect produced. If the sick person is strong, and full of flesh and blood, the quantity at the first bleeding should equal one pint, and if the pain continues violent, the same quantity should be taken away in the evening of the same day; at the second bleeding a blister should be laid on the pained spot, and suffered to remain for twelve hours: on the succeeding morning if the pain still continues, half a pint of blood should be taken, which in general will reduce the strength much; but if the symptoms still remain unabated, more blood must be taken in the evening; and the quantity should be measured by the effect. The arm must be tied up and be suffered to lie at rest for several hours.



Through the whole of the disease, it will be proper to give one of the fever powders every two hours, and to use the barley water in large quantities, as common drink. Thus, the bleeding must be repeated at intervals, to mitigate the pain, and the fever powders continued till the disease yields. It will also be proper to give the sick person every three or four hours, a tea-spoonful of paregorick elixir, in a cup of his drink, to quiet as much as possible the troublesome and painful cough. The diet through the whole of the disease, must be of the gentlest kind, every thing spirituous should be avoided, and the bowels must be kept continually open, by means of the purgative pills, salts, or castor oil.

Bathing the feet in warm water, will often be found useful; as the fever goes off, the paregorick must be continued to ease the cough, and promote the spitting. A bit of the extract of liquorice, kept in the mouth, will much assist easy coughing and spitting. By these means, and by care in avoiding exposure of any kind, the disease will almost always be cured. Chamomile tea with ten drops of elixir v triol given three times a day, is useful when the disease abates.

### RHEUMATISM.

Sudden changes of weather often produce pains in different parts of the body; but most commonly around some of the larger joints. The pain is attended with great stiffness, and sometimes considerable swelling. If it is attended with a fever, great thirst and heat, then bleeding will be proper to the amount of ten or twelve ounces. Next take a table-spoonful of salts, castor oil, or three or four of the purging pills. After the bowels are well opened, take one of the fever powders, every two hours, mixed in some sugar and water, his drink should be toast and water. If the above remedies fail to give relief, then bleed again, and apply blisters to the wrists and ancles.

When the fever is removed, and nothing remains but the pain and swelling, then bathe or rub the parts with soap liniment, or spirit of camphor, and keep the parts covered with flannel; a tea spoonful of the tincture of guaicum may be taken three times a day, mixed in some water, with great advantage.

### SORE THROAT.

The body should be kept open with a dose of salts, or castor oil. If violent, with symptoms of fever, bleed to the amount of eight or ten ounces, rub the outside of the throat with spirits of hartshorn or a mixture of one part of spirits of hartshorn, with two parts of sweet oil; likewise gargle frequently, with a gargle composed with sugar, vinegar and water, or sage or chamomile tea and honey, to which a small quantity of nitre may be added.

### SORE EYES.

Put twenty five drops of extract of lead, in half a pint of water. Wash the eyes well with this three or four times a day. If they are much inflamed, bleeding to about eight or ten ounces is necessary; and the bowels should be kept open with salts; or the purging pills or powders; and should they not yield to this, apply a blister on the back of the neck, or behind each ear, which seldom fail. Abstain from spirituous liquors of all kinds, and avoid the light and wind.

### PURGING OR DIARRHOEA.

This, if not violent, is rather salutary than otherwise; but if it becomes violent, and is accompanied by nausea and vomiting, it may be proper to administer an emetick, and after its operation is over, give a dose of salts, rhubarb, or castor oil, and afterwards, if it should continue, give six drops of laudanum every three or four hours, with half a tea-spoonful of chalk, and two or three drops of the essence of peppermint, mixed with some water. If

these means should not check it in a few days, apply a pair of blisters to the ancles.

### VOMITING AND PURGING, OR CHOLERA MORBUS.

This disease requires speedy attention, from the rapidity of its progress. Mint-water; if it does not of itself remove the sickness, should be united to half a tea-spoonful of the chalk every two hours, with ten drops of laudanum. If cramps of the legs should occur, the medicines may be given every hour, and the feet and legs should be placed in warm water frequently. Covering the belly with cloths, taken out of hot water, will much contribute to the ease and comfort of the patient. After the disease abates, a dose or two of castor oil may be given at intervals.

### BLOODY FLUX, OR DYSENTERY,

Is generally accompanied with fever. There is a frequent desire to go to stool, and little passed but blood and slime. Very great pain and griping always accompany this complaint, which are particularly felt at the time of going to stool; and it is ever attended with a needling, which is very troublesome. The fever is sometimes high, when bleeding is proper. Give a purge of salts or castor oil, every morning and thirty drops of laudanum at bed time, and repeat this treatment until the griping and needling are removed; at the same time, taking care not to expose the patient to the morning or evening air. Let him drink plentifully any warm mild liquor, as flax-seed tea, mutton or chicken broth. He must avoid all kinds of spirituous liquors. Cool air and the removal of all evacuations, are proper. Glysters will afford relief, and may be used frequently, made of warm water, sweet or castor oil one table-spoonful, with twenty drops of laudanum. Blisters may be applied to the wrists, if the fever is violent.



## SMALL POX.

This disease (which ought now to be known only by name) sometimes occurs in the natural way, and then is always a troublesome, and frequently a dangerous disease. It is at first marked with the usual symptoms of fever; but is accompanied with a severe pain at the pit of the stomach, and the fever continues with more or less violence, till the eruption begins to appear.

The cooling powders, and frequent small doses of salts, viz. a table spoonful, should be taken; and bleeding in the beginning, if the pulse is full: and the person must be exposed to the cool air, his dress should be frequently changed, and if possible, through the day should either walk out, or be carried into the air: if after the fever has continued for three days, and the eruptions do not appear, thirty drops of the sweet spirit of nitre, may be taken in a glass of balm-tea, every two hours.

After the pock is out, if the whole surface is covered, and they appear to run into each other, or seem blue, or purple, the patient must take occasionally a glass of wine or a little punch: should they seem flat and not fill, a tea-spoonful of bark may be taken every two hours, in wine, with five drops of laudanum; and occasionally, when the patient is very restless at night, twenty five or thirty drops of laudanum may be given. It is necessary to keep the bowels open daily.

## WOUNDS.

In a common fresh cut, little more is necessary than to keep the air from it, by covering it with dry lint, which should not be removed till one or two days afterwards, and if the lint does not come off easily, wet it with some warm water; after which dress it with cerate twice a day, and if proud flesh appears, sprinkle a little præcipitate on it. If in a fresh wound the bleeding is dangerous, binding on

some dry flour, as tight as can be done without pain, will generally stop it. Wounds made deep by any cutting instrument, are to be washed with water, or weak rum and water, to remove the blood or other things in the wound, and afterwards the cut edges are to be applied exactly one to the other, and kept so by adhesive plaster and bandages, keeping cloths wet with lead-water over the dressings if the wound is extensive. Such wounds often require to be stitched, but they cannot be done with propriety where there is no surgeon. When the inflammation and swelling have gone off, then dress it with cerate twice a day.

### WOUNDS OF THE EXTREMITIES.

When excessive bleeding arises from wounds of the legs, arms, thighs, &c. apply lint mixed with flour; if that does not stop the bleeding, wet the lint with a mixture of allum and water, or one made of a gill of strong spirits with a tea-spoonful of the elixir of vitriol, and apply to the wound; and if the bleeding continues, a tourniquet or tight ligature between the cut and heart, should be placed; for instance, if the bleeding is from the leg or foot, apply a compress in the ham, and a ligature of broad tape or a garter round it above the knee, then put a piece of stick through this and twist it till the bleeding stops.

If from the thigh or arms, the compress on the first, must be put in the middle of the groin, on the latter in the arm pit, and the tourniquet or ligature twisted as before.

### WOUNDS IN THE CHEST.

When a wound from a cutting instrument, or ball, enters the chest or belly, bleed and remove carefully any loose splinters of ribs or bits of cloths, &c. in the wound, and let the wound be kept quiet and cool, and the patient on a low diet. Though there be great bleeding, particularly from the wound of the

chest or by the mouth, you must not be deterred from bleeding at the arm, as you only take away that quantity of blood that would flow from the wound and get into the throat and suffocate the patient, for which reason so often as the bleeding by the wound or by the mouth returns, so often must you bleed at the arm, and keep lint over the wound—In these cases get a surgeon as soon as possible—The applications directed to bleeding wounds on the extremities would be improper in those wounds, but ten grains of allum may be given internally every two or three hours till the bleeding stops, mixed with as much nitre.

### WOUNDS ON THE SCULL, WITH FRACTURE.

It is also necessary to bleed and purge, and to keep the patient in low diet and cool, and the edges of the wound together by sticking plaister and any light dressing over, unless when the bone is much shattered, in which case remove carefully away pieces of bone which are loose in the wound, and if any large pieces are depressed upon the brain, raise them carefully with your finger and apply dressing of lint and cerate.

### WOUNDS, WITH FRACTURES OF THE LIMB.

It is also necessary to bleed and keep the edges of the wound as close together as possible, carefully removing any loose pieces of bone as above.

### GUN-SHOT WOUNDS.

Keep the wounds covered with large oat meal or bread poultices applied four or five times a day, and for wounds on the knee or ankle joint it will be necessary to bleed largely and keep the bowels open. Avoid any heating applications, as spirits of turpentine, &c. to these wounds

## FRACTURES.

Replace the ends or pieces of bones so as to be in their natural situation, and keep them in that posture, by proper splints, or splints made of shingles or thin pieces of boards, &c. or pieces of paste-board placed in the direction of the fractured bone, and reaching nearly from joint to joint; it will be necessary to have three or four splints to every fractured bone: over your splints apply a bandage, about two yards long, and four fingers wide; making gentle turnings, with the bandage tight enough to keep the splints in their proper places, but not so tight as to stop the circulation of the blood in the limbs. It will be necessary to keep the bandage wet with vinegar, and spirits or lead water poured on it occasionally. If the swelling and inflammation should be very great, you will be under the necessity of slacking the bandage a little, and it will be necessary to bleed your patient to half a pint. The limb must be kept still for three or four weeks, and the patient's diet should be light and easy of digestion. Keep his bowels open with half a table spoonful of salts, as often as it may be found necessary.

## DISLOCATIONS.

Extend the limb by an assistant, so that the heads of the bones may be free from obstacle, then reduce the bone into its natural situation and apply a bandage not too tight; if the parts should be much inflamed, bleed to half a pint, and keep the bowels open with a table spoonful of castor oil or salts; after the bone is reduced, you may bathe the joint with vinegar and spirits three or four times a day.

## JAUNDICE,

Arises from bile; to cure it, take a vomit occasionally, keep the bowels open, by means of the purgative pills—After the yellowness is gone off, large doses of chamomile tea, and a few doses of bark daily, will restore the strength.

## BRUISES AND SPRAINS.

Should these be considerable, bleeding from the arm will be highly proper. Purge smartly with salts and bathe the part frequently with lead-water, or vinegar and water, for three or four days, after which the soap liniment may be used in its stead. Low diet and abstinence from spirituous liquors, are very necessary. When only weakness remains in the part, cold water may be poured on it morning and evening, from the mouth of a tea kettle.

## COLDS AND COUGHS.

Bathe the feet in warm water for half an hour, and drink freely of some warm tea going to bed.

If the cough is attended with pain in the breast or side, bleeding and a dose of salts, purging pills, or powders, will be necessary, and a spare diet; a teaspoonful of elixir paregorick, taken at bed-time, if the cough prevents sleeping, will still it through the night; and if it is very troublesome in the day time twenty or thirty drops of the same, given three or four times a day will check it; but exposure to night air and wet should always be avoided.

## BURNS AND SCALDS.

A slight burn may often be relieved by frequently bathing the part with spirits of turpentine; but in those which are more extensive it is proper to anoint the parts with baselicon ointment reduced to the consistence of honey, with spirits of turpentine. The best way is to apply it with a feather, and then cover the whole with linen rags dipped in the same. This dressing may be repeated every three hours within the first twenty four—it may afterwards be reduced to two or three times a day.

Immediately after an extensive burn or scald, the patient generally complains of being chilly, and has violent pain—to relieve this, laudanum should be



given in doses of thirty or forty drops every three or four hours until relieved.

In about twenty four or forty eight hours, if the skin should become hot, and the patient appear to be feverish, the bowels may be gently moved with purgative pills or salts.

### SCURVY.

Though this complaint seldom attacks sailors, except on long voyages, when they are confined to salt provisions, yet as there may be some victims of its fury, it may not be unnecessary to give a few directions respecting it. Its presence is known, by bad breath, purple and ulcerated gums, with an occasional discharge of dark coloured blood, particularly from slight injuries. Finally, the teeth becomes so loose as to be easily removed, and sores are formed on the legs, with purple spots and ulcers, on most parts of the body. Little can be done at sea, but on returning to the free enjoyment of land air, and fresh vegetables, particularly the acid fruits, as limes, lemons, oranges, &c. provided as much strength remains as will allow of their use, the patient commonly recovers. Hence at sea, the only useful thing which can be done, is to support the strength by bark, wine, and elixir of vitriol; and if possible, by fermented bread, beer and porter. The precaution of taking as little salted meat as possible, and using gentle and continued exercise, will be found beneficial.

### ITCH.

This disease will be most safely cured by sulphur mixed with fresh butter, or lard, and rubbed on the hands, wrists and arms, each night. Let a tea-spoonful of the sulphur be taken each night in a little molasses.

If these do not succeed, in place of the sulphur ointment, use the mercurial; take care to avoid cold.

## PILES.

Though seemingly a trifling disease, is often an obstinate, and always a troublesome complaint; the cure will generally be effected, by keeping the bowels open, with small and repeated doses (a tea-spoonful, mixed in a little molasses) of the flour of sulphur, and the fundament must be kept moist with an ointment of sulphur, and hog's lard, or fresh butter. Salts or castor oil too may be used to keep the bowels open.

## FROST-BIT OR CHILBLAINS.

Rub the part well with snow, or put them in cold water for half an hour, and then rub them with soap liniment three or four times a day; but if notwithstanding the rubbing, they should ulcerate, you must dress them with basilicon every day until they are well.

## ASTHMA.

**SYMPTOMS.**—A quick laborious breathing, with a wheezing noise, sometimes the difficulty is so great that the patient is obliged to keep in an erect posture. It generally happens to persons exposed to easterly winds, and damp foggy weather.

**CURE.**—It is generally necessary to bleed to half a pint, bathe the feet in warm water, and apply a blister to the breast, and if the patient is costive, give a purge of salts or castor oil, a table spoonful for a dose. From forty to eighty drops of paregorick elixir given occasionally, will greatly contribute to ease the breathing and relieve the patient.

## CHOLICK.

Cholicks that are occasioned by wet feet or taking cold, will generally be removed by bathing the feet in warm water, and taking forty drops of laudanum in a glass of weak wine and water, or warm tea. If the bowels are costive, give a table spoonful of salts, or castor oil. Observe, that if the first dose of

laudanum does not relieve the patient, you must not repeat it oftner than once in six hours.

### CONVULSIONS, OR FITS.

If the patient is of a full habit of body, you had better bleed to half a pint, and give forty drops of laudanum in a glass of water, but do not repeat the drops.

### THE VENERIAL DISEASE,

Is properly divided into two kinds, requiring a different treatment; one, and the most simple, has obtained the name of

#### GONORRHOEA, OR CLAP,

and in general makes its appearance from four to six days after impure coition. It begins with a little tickling or itching at the end of the yard, which is soon succeeded by a running, gradually increasing, and attended with a scalding pain in making water; sometimes the chordee, or painful crookening or bending down of the yard, when standing, is very troublesome. During the whole continuance of the clap, the utmost cleanliness of the yard must be attended to, and the rags or shirt which cover it must not be allowed to remain on after they have become charged with matter, but should, if possible, be removed at least once in twenty four hours; observing, at the same time, a low diet, with respect to food and drink. Begin the cure with a dose of salts; and make use of the INJECTION, which is made by putting one of the injection powders in half a pint of fresh water, which must be shaken up every time it is used. This must be injected milk warm, four or five times a day, with a syringe. Be careful always to make water immediately before using the injection. If the chordee is troublesome, take from thirty to forty drops of laudanum at bed time; one of the cooling powders may also be taken, four times a day, in a little water. Sometimes after the scald-



ing has ceased, a running will remain, which may be easily removed by a continuance of the injection, and taking twenty drops of balsam capivi, twice a day.

## THE POX

Is generally attended with sores on the yard, or buboes in one or both groins. Take one of the mercurial pills, night and morning, till the mouth begins to be a little sore, the breath becomes disagreeable, and the teeth loose; then omit the pills for a few days, till these appearances of salivation have gone off; should the pills purge, give every night at going to bed, twenty drops of laudanum: if any small sores or ulcers appear wash them with warm water and dress them twice a day with a little præcipitate mixed with cerate and lint; if the ulcers should get foul, touch them with the blue stone; this repeat every day till they are clean. As cleanliness is so necessary to the cure and to prevent the spreading of this disease, the washing of the affected parts every day with warm water, should never be neglected. If the fore skin should be restricted over the head of the yard, or drawn behind it, frequent bleeding and poulticing will reduce it, and some lead water, made by mixing half a pint of water with a tea-spoonful of extract of lead, may be mixed with the poultice every time.

If any buboes, or swelling of the groin should appear, bleed immediately, and rub about the size of a nutmeg of the mercurial ointment night and morning upon the inside of the thigh below the buboes; if they do not by these means disappear in four or five days, but grow more painful and swell much, they must be suffered to break, the ointment must be used, and poultices of bread or oatmeal and water boiled together must be applied hot every day till it breaks—When broke, press out all the matter, and cut away the dead skin, that the sore may be

thoroughly dressed—dry lint with basilicon above it, must be the dressing till it is fit to heal. If the edges of the wound grow hard they must be touched frequently with the blue stone, to prevent proud flesh from arising, which hinders its healing kindly; all the time the sore is open do not forget to take a mercurial pill night and morning, and a dose of salts once or twice a week, and when the cure is completed a few doses of salts should be taken. In using mercury great care should be taken to avoid cold and wet. Should pains in the belly or limbs, or swelling in the jaws come on from cold, two or three doses of salts, will, in general, soon carry them off.

### SWELLED TESTICLE.

If the testicle get swelled, set over the steam of warm water for half an hour, and take fifty drops of laudanum; keep the bowels open with salts. If the pain and inflammation is great, bleed from the arm to the amount of twelve ounces, and continue to sit over the steam of water several times in the day. It will be necessary to keep the testicles hung in a bag, or handkerchief: If this precaution is observed early in the clap, a swelled testicle seldom happens. It is likewise necessary when the disease is obstinate to apply to the testicle lead water poultices, made of crumbs of bread and lead water.

### MODE OF APPLYING BLISTERS.

As blisters have several times been mentioned, and as many are unacquainted with the mode of applying them, it is necessary to direct the manner in which they are to be taken.

The blister may be made by simply spreading some blistering plaster on a piece of leather or canvass, or spread some basilicon as above, and cover it with Spanish flies; press them well in; then sprinkle it with warm vinegar; and after washing the part on which it is to be applied also with warm vinegar,

bind it on tight: It should remain on twelve hours, after which take the plaster off and cut the blister in several places, with a pair of scissors, that the water may run out, and dress it twice a day with basilicon or cerate, thinly spread on a fine rag.



## VIRTUES OF MEDICINES, AND THEIR DOSES.

### BARK.

A tea-spoonful mixed with a little wine and water, is a dose for weak stomachs; and in the intermission and remission of fevers.

### CREAM OF TARTAR.

A table-spoonful dissolved in a quart of hot water, and sweeten it when cool, is a pleasant drink in fevers, and at all times in hot climates.

### FLOWERS OF SULPHUR.

A tea-spoonful, mixed with as much Cream of Tartar, and molasses, is a gentle laxative, taken morning and evening. Mixed with an equal quantity of lard, it is a certain cure for the itch, if applied to the parts affected.

### CASTOR OIL

Is an excellent purge, especially in the flux; a table-spoonful for grown persons, repeated if necessary, is a common dose.

### SPIRITS OF TURPENTINE;

Useful in Burns and Scalds.

### COOLING POWDERS.

See Small Pox.

### FEVER POWDERS,

These are good in fevers—one to be taken every two or three hours, when the fever is on, mixed in some water sweetened.

### PREPARED CHALK,

A half tea-spoonful is a dose, in a table-spoonful of water. It is good in purging, &c.

### PURGING POWDERS;

One is a dose in molasses, these will be found useful purges in hot climates—particularly in the beginning of the Yellow Fever, or Billious Fever.

### VOMITS,

To be taken according to the printed directions.

### INJECTION POWDERS,

Should be dissolved in half a pint of water, well shaken, and used as before directed.

### SPANISH FLIES AND BLISTERING PLASTER:

See mode of applying blisters.

### BLUE VITRIOL, OR BLUE STONE,

Burns down fungus excrescences, or proud flesh, and the hard edges of sores; it is used by touching the parts gently with it when wet, and dressing it with basilicon.

### EXTRACT OF LEAD,

Twenty five drops added to one half pint of water, forms lead water, and is useful in burns, bruises and inflammations, applied by means of wet rags with it.

### SPIRITS OF HARTSHORN,

Is applied to the nose and given internally in faintings and low spirits. In cases of great debility from fever a few drops may be added to each dose of bark. Mixed with an equal quantity of oil, it is applied externally to sore throats and to indolent swellings. The dose is from twenty to thirty drops.

### TURLINGTON'S BALSAM, OR BALSAM TRAUMATICK,

Is used as a pectoral and expectorant, from twen-

ty to thirty drops is taken three or four times a day on sugar, it is good to apply to a fresh cut, with lint.

### RHUBARB

Is used as a stomachick purge in weak habits. The dose is a small tea-spoonful; smaller doses are also used in the latter stages of flux, the jaundice, &c. and with bark when it occasions costiveness. It is also used in laxes.

### LAUDANUM.

Ten or twenty five drops is a common dose; when the pain is very violent, it may be increased to thirty or forty drops.

### SP. LAVENDER COMPOUND,

In weak habits, and faintness, is a pleasant cordial—a tea-spoonful poured on sugar, is a dose.

### PAREGORICK ELIXIR,

Relieves colds and coughs; its dose is a tea-spoonful, taken two or three times a day, and at bed time, especially with a little honey.

### ELIXIR OF VITRIOL,

From ten to fifteen drops in a little water, three or four times a day, is strengthening to weak stomachs—mixed with water and sugar, so as to be agreeable, is a good common drink in all fevers. It is also used to stop profused sweats.

### HUXHAM'S TINCT. OF BARK,

Is an excellant substitute for bitters, and is necessary in cases where bark in substance, does not remain on the stomach; a tea-spoonful or two in a little wine and water, is a dose.

### SWEET SP. OF NITRE.

A half a tea-spoonful or from thirty to forty drops at a dose, in fevers, mixed with a little sweetened water, may be taken every two or three hours.

### SOAP LINIMENT,

Is proper for bruises, sprains, and old standing



pains, rubbed on the part affected three or four times a day.

### TINCT. OF GUAIACUM,

Is a good remedy in rheumatism, a tea-spoonful at a dose, in water, provided all fever is removed.

### BALSAM COPAIVI,

Is a good remedy to complete the cure of venereal complaints, as gleet, twenty or thirty drops should be taken three times a day in warm tea. It is also good for inward strains taken as above.

### ESSENCE OF PEPPERMINT.

For indigestion, sick stomach, windy cholick, &c. ten or fifteen drops in water is a dose.

### WINE BITTERS.

A tea-spoonful of this mixed with a glass of wine or brandy and water is very good in a weakness or indigestion of the stomach.

### RED PRECIPITATE.

A small quantity sprinkled on foul sores, causes them to heal, and destroys proud flesh, it is used also to sprinkle on venereal sores.

### PURGING PILLS.

Three or four are a dose, in some cases five or six are required. They are proper to clean the stomach of bile, &c.

### MERCURIAL PILLS,

Are used in venereal cases every night and morning one for a dose.

### MERCURIAL OINTMENT,

Removes swellings in the groin, rub a piece the size of a filbert, every night for half an hour, in the inside of the thigh, and small of the leg. It likewise cures the itch.

### BASELICON;

Good to clean old sores, and bring boils to a head

—apply to any sore that wants cleaning—if the sore should have proud flesh in it, touch it well with blue stone or red præcipitate.

### TURNER'S CERATE,

Used for scalds or burns, broken shins, or fresh cuts—spread a little on a linen rag, and dress twice a day—it is good in frost-bitten.

# CONTENTS.

	PAGE.
Introduction, . . . . .	3
Sea Sickness, . . . . .	5
Intermitting Fever or Fever and Ague,	ibid.
Remitting Billious Fever, . . . . .	6
Yellow Fever, . . . . .	7
Pleurisy, . . . . .	9
Rheumatism, . . . . .	10
Sore Throat, . . . . .	11
Sore Eyes, . . . . .	ibid.
Purging, or Diarrhoea, . . . . .	ibid.
Vomiting and Purging, . . . . .	12
Bloody Flux, . . . . .	ibid.
Small Pox, . . . . .	13
Wounds, . . . . .	ibid.
Wounds of the Extremeties, . . . . .	14
Wounds in the Chest, . . . . .	ibid.
Wounds on the Scull with Fracture, . . . . .	15
Wounds with Fracture of the Limb,	ibid.
Gun-Shot Wounds, . . . . .	ibid.
Fractures, . . . . .	16
Dislocations, . . . . .	ibid.
Jaundice, . . . . .	ibid.
Bruises and Sprains, . . . . .	17
Colds and Coughs, . . . . .	ibid.
Burns and Scalds, . . . . .	ibid.
Scurvy, . . . . .	18
Itch, . . . . .	ibid.
Piles, . . . . .	19
Frost-Bit or Chilblains, . . . . .	ibid.
Asthma, . . . . .	ibid.
Cholick, . . . . .	ibid.
Convulsions, or Fits, . . . . .	20
Venereal Direas, . . . . .	ibid.
Mode of applying Blisters, . . . . .	22
Virtues of Medicines and their doses	23



## Glaucubers Salt,

Taken from half an ounce to an ounce, or more, it proves a mild & useful purgative, & in smaller doses, a serviceable aperient & diuretic. It is commonly given in Solution, but may be given in powder, after it has effloresced. In this form the dose must be reduced to one half. —

## Antimonial Wine

It relieves respiration, promotes expectoration & abates fevers by producing a determination to the skin. For the purpose of Vomiting, this Wine should be given to the extent of one or two tablespoonfuls, repeated every 10 or 15 minutes until it operates — Children from 1 to 4 years of age may take a teaspoonful, from 4 to 10 years of age 2 teaspoonfuls, from 10 to 15 years of age 1 Tablespoonful in the same manner as above directed —

## Galap.

In substance, taken in doses of 20 to 30 grains in most cases proves an effectual & general a safe purgative, performing its office mildly.

# Calomel

Is one of the best mercurials we possess & is certainly one of the best remedies that can be employed for the destruction of Worms. From 12 to 18 grains is a dose for a grown person; Children from 1 to 2 years of age may take from 3 to 5 grains; from 2 to 3 years from 5 to 6 grains; from 3 to 5 years from 6 to 8 grains; & 5 years upward from 8 to 12 grains, mixed in a little Honey, Molasses or Syrup. The use of cold water should be avoided during its operation.

# Camphor

Dissolved in strong Spirits, forms an excellent stimulating Liniment for pains, numbness & bruises.

# Sal Tartar.

Salt of Tartar given in doses from 5 to 10 grains dissolved in water, a little sugar & a few drops of the Essence of Peppermint added thereto, is very serviceable in nausea or sickness of the Stomach & also Acidity.

# Tartar. Emetic.

# Snake Root,

Its general action is heating & stimulating its particular effects, to promote the discharge by the skin & Urine. & is recommended in Intermittent fevers, combined with the Yellow Bark; also in Typhus fevers & putrid diseases —

## Weights.

℥ij Two Drachms.	equal to 120 grains.
℥i One Drachm . . . . .	60 . . . . .
℥ss Half a Drachm . . . . .	30 . . . . .
ʒij Two Scruples . . . . .	40 . . . . .
ʒi One Scruple . . . . .	20 . . . . .
ʒss Half a Scruple . . . . .	10 . . . . .
℥i One Ounce . . . . .	8 drachms

The round impressions on the small weights stand for so many grains.

a Tablespoonful is equal to  $\frac{1}{2}$  an Ounce



Hand Hist.

WZ

270

D 597

1617

C.1

